

# Elisa Kozasa

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/9442761/publications.pdf>

Version: 2024-02-01

72  
papers

1,764  
citations

279798

23  
h-index

302126

39  
g-index

77  
all docs

77  
docs citations

77  
times ranked

2334  
citing authors

| #  | ARTICLE  | IF  | CITATIONS |
|----|--|-----|-----------|
| 1  | Meditation training increases brain efficiency in an attention task. <i>NeuroImage</i> , 2012, 59, 745-749.  | 4.2 | 175       |
| 2  | Yoga decreases insomnia in postmenopausal women. <i>Menopause</i> , 2012, 19, 186-193.   | 2.0 | 133       |
| 3  | Positive Effects of a Stress Reduction Program Based on Mindfulness Meditation in Brazilian Nursing Professionals: Qualitative and Quantitative Evaluation. <i>Explore: the Journal of Science and Healing</i> , 2016, 12, 90-99.          | 1.0 | 92        |
| 4  | Mindfulness, perceived stress, and subjective well-being: a correlational study in primary care health professionals. <i>BMC Complementary and Alternative Medicine</i> , 2015, 15, 303.   | 3.7 | 88        |
| 5  | Are There Benefits from Teaching Yoga at Schools? A Systematic Review of Randomized Control Trials of Yoga-Based Interventions. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-17.                           | 1.2 | 61        |
| 6  | Mindfulness Meditation Improves Mood, Quality of Life, and Attention in Adults with Attention Deficit Hyperactivity Disorder. <i>BioMed Research International</i> , 2015, 2015, 1-14.   | 1.9 | 60        |
| 7  | A Yoga and Compassion Meditation Program Reduces Stress in Familial Caregivers of Alzheimer's Disease Patients. <i>Evidence-based Complementary and Alternative Medicine</i> , 2013, 2013, 1-8.  | 1.2 | 57        |
| 8  | Psychosocial adaptation and quality of life among Brazilian patients with different hematological malignancies. <i>Journal of Psychosomatic Research</i> , 2006, 60, 505-511.  | 2.6 | 54        |
| 9  | Mindfulness-Based Interventions for the Treatment of Smoking: A Systematic Literature Review. <i>Journal of Alternative and Complementary Medicine</i> , 2015, 21, 129-140.  | 2.1 | 50        |
| 10 | Evaluation of Siddha Samadhi Yoga for Anxiety and Depression Symptoms: A Preliminary Study. <i>Psychological Reports</i> , 2008, 103, 271-274.   | 1.7 | 49        |
| 11 | Yoga and compassion meditation program improve quality of life and self-compassion in family caregivers of Alzheimer's disease patients: A randomized controlled trial. <i>Geriatrics and Gerontology International</i> , 2017, 17, 85-91. | 1.5 | 48        |
| 12 | Effects of Yoga Respiratory Practice (Bhastrika pranayama) on Anxiety, Affect, and Brain Functional Connectivity and Activity: A Randomized Controlled Trial. <i>Frontiers in Psychiatry</i> , 2020, 11, 467.                              | 2.6 | 48        |
| 13 | A New Mental Health Mobile App for Well-Being and Stress Reduction in Working Women: Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2019, 21, e14269.  | 4.3 | 46        |
| 14 | The effects of mindfulness and relaxation training for insomnia (MRTI) on postmenopausal women: a pilot study. <i>Menopause</i> , 2018, 25, 992-1003.  | 2.0 | 45        |
| 15 | Validity evidence of the brazilian version of the Mindful Attention Awareness Scale (MAAS). <i>Psicologia: Reflexao E Critica</i> , 2015, 28, 87-95.   | 0.9 | 43        |
| 16 | Mind-body interventions for the treatment of insomnia: a review. <i>Revista Brasileira De Psiquiatria</i> , 2010, 32, 437-443.   | 1.7 | 38        |
| 17 | Validity evidence of the brazilian version of the five facet mindfulness questionnaire (FFMQ). <i>Psicologia: Teoria E Pesquisa</i> , 2014, 30, 317-327.   | 0.1 | 37        |
| 18 | Cardiorespiratory and Metabolic Changes during Yoga Sessions: The Effects of Respiratory Exercises and Meditation Practices. <i>Applied Psychophysiology Biofeedback</i> , 2008, 33, 77-81.  | 1.7 | 36        |

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|----|--|-----|-----------|
| 19 | Neural correlates of meditation a review of structural and functional MRI studies. <i>Frontiers in Bioscience - Scholar</i> , 2020, 12, 92-115.  | 2.1 | 36        |
| 20 | Greater Cortical Thickness in Elderly Female Yoga Practitionersâ€”A Cross-Sectional Study. <i>Frontiers in Aging Neuroscience</i> , 2017, 9, 201.  | 3.4 | 35        |
| 21 | The Effects of Meditation-Based Interventions on the Treatment of Fibromyalgia. <i>Current Pain and Headache Reports</i> , 2012, 16, 383-387.  | 2.9 | 31        |
| 22 | Barriers and Benefits in Telemedicine Arising Between a High-Technology Hospital Service Provider and Remote Public Healthcare Units: A Qualitative Study in Brazil. <i>Telemedicine Journal and E-Health</i> , 2017, 23, 527-532. | 2.8 | 31        |
| 23 | A Critical Analysis on Characterizing the Meditation Experience Through the Electroencephalogram. <i>Frontiers in Systems Neuroscience</i> , 2020, 14, 53.   | 2.5 | 29        |
| 24 | Effects of a 7-Day Meditation Retreat on the Brain Function of Meditators and Non-Meditators During an Attention Task. <i>Frontiers in Human Neuroscience</i> , 2018, 12, 222.   | 2.0 | 25        |
| 25 | Smokers Show Lower Levels of Psychological Well-Being and Mindfulness than Non-Smokers. <i>PLoS ONE</i> , 2015, 10, e0135377.  | 2.5 | 24        |
| 26 | Greater Anteroposterior Default Mode Network Functional Connectivity in Long-Term Elderly Yoga Practitioners. <i>Frontiers in Aging Neuroscience</i> , 2019, 11, 158.  | 3.4 | 23        |
| 27 | Is mindfulness associated with insomnia after menopause?. <i>Menopause</i> , 2014, 21, 301-305.  | 2.0 | 20        |
| 28 | Effects of a 9-Day Shamatha Buddhist Meditation Retreat on Attention, Mindfulness and Self-Compassion in Participants with a Broad Range of Meditation Experience. <i>Mindfulness</i> , 2015, 6, 1235-1241.                        | 2.8 | 20        |
| 29 | Effect of Progressive Self-Focus Meditation on Attention, Anxiety, and Depression Scores. <i>Perceptual and Motor Skills</i> , 2010, 110, 840-848.   | 1.3 | 19        |
| 30 | EVALUATION OF SIDDHA SAMADHI YOGA FOR ANXIETY AND DEPRESSION SYMPTOMS: A PRELIMINARY STUDY. <i>Psychological Reports</i> , 2008, 103, 271.   | 1.7 | 18        |
| 31 | Brain Imaging Analysis Can Identify Participants under Regular Mental Training. <i>PLoS ONE</i> , 2012, 7, e39832.   | 2.5 | 17        |
| 32 | Formulas Used by Tibetan Doctors at Menâ€™seeâ€™Khang in India for the Treatment of Neuropsychiatric Disorders and Their Correlation with Pharmacological Data. <i>Phytotherapy Research</i> , 2013, 27, 552-563.                  | 5.8 | 16        |
| 33 | Self-compassion is associated with less stress and depression and greater attention and brain response to affective stimuli in women managers. <i>BMC Women's Health</i> , 2018, 18, 195.  | 2.0 | 16        |
| 34 | The Child Emotion Facial Expression Set: A Database for Emotion Recognition in Children. <i>Frontiers in Psychology</i> , 2021, 12, 666245.  | 2.1 | 16        |
| 35 | Preliminary functional magnetic resonance imaging Stroop task results before and after a Zen meditation retreat. <i>Psychiatry and Clinical Neurosciences</i> , 2008, 62, 366-366.   | 1.8 | 15        |
| 36 | Decrease in blood pressure and improved psychological aspects through meditation training in hypertensive older adults: A randomized control study. <i>Geriatrics and Gerontology International</i> , 2015, 15, 1158-1164.         | 1.5 | 15        |

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|----|---|-----|-----------|
| 37 | Microstates in complex and dynamical environments: Unraveling situational awareness in critical helicopter landing maneuvers. <i>Human Brain Mapping</i> , 2021, 42, 3168-3181.   | 3.6 | 15        |
| 38 | A Stress Reduction Program Adapted for the Work Environment: A Randomized Controlled Trial With a Follow-Up. <i>Frontiers in Psychology</i> , 2018, 9, 668.   | 2.1 | 13        |
| 39 | Complementary and alternative therapies for treatment of insomnia in women in postmenopause. <i>Climacteric</i> , 2014, 17, 645-653.  | 2.4 | 12        |
| 40 | Impaired brain dopamine transporter in chemobrain patients submitted to brain SPECT imaging using the technetium-99m labeled tracer TRODAT-1. <i>Annals of Nuclear Medicine</i> , 2019, 33, 269-279.  | 2.2 | 10        |
| 41 | Effectiveness of Mindfulness-Based Relapse Prevention Program as an Adjunct to the Standard Treatment for Smoking: A Pragmatic Design Pilot Study. <i>Nicotine and Tobacco Research</i> , 2020, 22, 1605-1613.                                | 2.6 | 10        |
| 42 | COVID-19 information exposure in digital media and implications for employees in the health care sector: findings from an online survey. <i>Einstein (Sao Paulo, Brazil)</i> , 2020, 18, eAO6127.   | 0.7 | 9         |
| 43 | The effects of a short-term meditation-based mindfulness protocol in patients receiving hemodialysis. <i>Psychology, Health and Medicine</i> , 2022, 27, 1286-1295.   | 2.4 | 8         |
| 44 | Physiological Effects of Mind and Body Practices. <i>BioMed Research International</i> , 2015, 2015, 1-2.   | 1.9 | 7         |
| 45 | Yoga increased serum estrogen levels in postmenopausal women – a case report. <i>Menopause</i> , 2016, 23, 584-586.   | 2.0 | 7         |
| 46 | Posterior cingulate cortex/precuneus blood oxygen-level dependent signal changes during the repetition of an attention task in meditators and nonmeditators. <i>NeuroReport</i> , 2018, 29, 1463-1467.  | 1.2 | 7         |
| 47 | Quality of life is related to the functional connectivity of the default mode network at rest. <i>Brain Imaging and Behavior</i> , 2019, 13, 1418-1426.   | 2.1 | 7         |
| 48 | Efeitos de um curso de meditação de atenção plena em estudantes da saúde de no Brasil. <i>ACTA Paulista De Enfermagem</i> , 2020, 33, .   | 0.6 | 7         |
| 49 | Differences in Default Mode Network Connectivity in Meditators and Non-meditators During an Attention Task. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2017, 1, 228-234.                       | 1.6 | 6         |
| 50 | Cognition and brain function in elderly Tai Chi practitioners: A case-control study. <i>Explore: the Journal of Science and Healing</i> , 2018, 14, 352-356.  | 1.0 | 6         |
| 51 | Neuroimaging Data From a Single Participant Before and After a Meditation Retreat: a Proof of Concept Study. <i>Journal of Cognitive Enhancement: Towards the Integration of Theory and Practice</i> , 2017, 1, 235-241.                      | 1.6 | 5         |
| 52 | Quantitative assessment of pilot-endured workloads during helicopter flying emergencies: an analysis of physiological parameters during an autorotation. <i>Scientific Reports</i> , 2021, 11, 17734.   | 3.3 | 5         |
| 53 | Age-related effects on the neural processing of semantic complexity in a continuous narrative: Modulation by gestures already present in young to middle-aged adults. <i>Neuropsychologia</i> , 2021, 151, 107725.                            | 1.6 | 4         |
| 54 | Can news with positive or negative content affect and a relaxation pause improve the emotional state of health care professionals? A randomized online experiment during COVID-19 pandemic. <i>Internet Interventions</i> , 2021, 26, 100441. | 2.7 | 4         |

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|----|---|-----|-----------|
| 55 | Traditional and Integrative Medical Practices in Public Health Services in the Downtown-West Region of the City of São Paulo, Brazil, and Their Relation to Health Promotion. <i>Journal of Alternative and Complementary Medicine</i> , 2008, 14, 1071-1072. | 2.1 | 3         |
| 56 | Sustained Manual Loading of the Fascial System Can Evoke Tonic Reactions: Preliminary Results. <i>International Journal of Therapeutic Massage &amp; Bodywork</i> , 2010, 3, 12-4.  | 0.2 | 3         |
| 57 | An Intervention to Increase Situational Awareness and the Culture of Mutual Care (Foco) and Its Effects During COVID-19 Pandemic: A Randomized Controlled Trial and Qualitative Analysis. <i>Frontiers in Psychiatry</i> , 2020, 11, 570786.                  | 2.6 | 3         |
| 58 | COVID-19 news valence effects on emotion and its modulation by a relaxation: A randomized online experiment during COVID-19 pandemic. <i>Internet Interventions</i> , 2021, 26, 100472.   | 2.7 | 3         |
| 59 | Changes in Prefrontal fNIRS Activation and Heart Rate Variability During Self-Compassionate Thinking Related to Stressful Memories. <i>Mindfulness</i> , 2022, 13, 326-338.   | 2.8 | 3         |
| 60 | A brief protocol of cognitive modification and gradual exposure for reduction of fear symptoms of public speaking. <i>Journal of Behavior Therapy and Experimental Psychiatry</i> , 1998, 29, 317-326.  | 1.2 | 2         |
| 61 | Yoga and Rehabilitation: Physical, Psychological, and Social. <i>Evidence-based Complementary and Alternative Medicine</i> , 2013, 2013, 1-2.   | 1.2 | 2         |
| 62 | Dispositional mindfulness, affect and tobacco dependence among treatment naive cigarette smokers in Brazil. <i>Tobacco Induced Diseases</i> , 2019, 17, 28.   | 0.6 | 2         |
| 63 | The effects of perceived chronic stress on the fMRI correlates of attentional control in women managers. <i>Archives of Women's Mental Health</i> , 2019, 22, 375-381.  | 2.6 | 1         |
| 64 | The Integration of Meditation and Positive Psychology Practices to Relieve Stress in Women Workers (Flourish): Effects in Two Pilot Studies. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2021, 11, 43.  | 2.1 | 1         |
| 65 | Method for the Synchronization of Data Recorders by Coupling Accelerometer Data. , 2021, , .  |     | 1         |
| 66 | Mindfulness-Based Versus Story Reading Intervention in Public Elementary Schools: Effects on Executive Functions and Emotional Health. <i>Frontiers in Psychology</i> , 2021, 12, 576311.   | 2.1 | 1         |
| 67 | Complementary therapies for chronic plaque psoriasis. <i>The Cochrane Library</i> , 2014, , .   | 2.8 | 0         |
| 68 | Yoga and Aging. <i>Advances in Medical Diagnosis, Treatment, and Care</i> , 2021, , 317-329.  | 0.1 | 0         |
| 69 | Benefícios do Tai Chi Pai Lin para usuários dos serviços públicos de saúde. <i>ConScientiae Saúde</i> , 2010, 9, 119-124.   | 0.1 | 0         |
| 70 | Mindfulness and Substance Abuse. , 2016, , 101-117.   |     | 0         |
| 71 | Neurobiology of Yoga Practice. <i>Advances in Medical Diagnosis, Treatment, and Care</i> , 2018, , 52-66.   | 0.1 | 0         |
| 72 | Yoga and Aging. , 2022, , 1257-1269.  |     | 0         |